

**Classes for 50yrs+
Fall 2008
Pyle Adult Recreation Center**

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General Interest Classes

Flower Gardening-Colorful flowers can brighten a desert garden throughout the year, if you know when and how to plant the right varieties. Landscape architect and long-time flower gardener Judy Mielke will show you which varieties of flowers do best in our climate, when to plant them and how to care for your flower garden once it is established. Fee: \$25.

13138	T	9/30	6-8pm
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Friendship Force International-Interested in travelling and meeting people from all over the world? Join Lucille Houston, a member of Friendship Force, as she discusses how Friendship Force International brings people of the world together through home stay exchanges which can be national or international, creating unforgettable experiences that build lasting bonds of friendship. Fee: none.

13133	T	9/9	6-7:30pm
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Get the Most Out of Your Digital Camera-Make that transition into the digital age a little smoother. You'll learn basic photography elements such as composition and exposure and talk about things that are exclusive to digital photography such as file formats, pixels and more! Attendees are encouraged to bring their cameras. Fee: \$10

13147	W	9/17 & 9/24	6:30-8pm
13144	W	11/12 & 11/19	6:30-8pm

Health and Your Lifestyle-Elayn Bigelow, retired Health Curriculum Specialist, will be presenting a series of DVD's presenting information about nutrition and the link between food, life-style behavior and health. Individual presenters on the DVD's will be health specialists, such as physicians, scientists, clinicians, nutritionists, and psychologists sharing the results compiled in their research. Each presentation will be followed by an informal and open discussion by those in attendance led by Elayn. Fee: none.

13134	T	9/9-11/4	10:30am-12pm
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Powerful Tools for Caregivers-Provided by the Area Agency on Aging, this class will

focus on caregivers and be primarily geared towards family caregivers. The class will cover many aspects, from learning how to adapt to the role, developing an action plan and learning how to relax and relieve stress. Fee: none.

13141 Th 10/2-11/6 1:30-3pm

Stress Management for Healthy Aging-This 6-week, stress-reduction program will cover strategies that use the connection between the mind and the body to help reduce your stress, decrease physical symptoms, improve mood, and increase your positive outlook on life. Presented by ASU Clinical Psychology Department. Fee: \$50.

13140 M 10/6-11/10 6-8pm

Ready to Go Digital?-Are you ready for the mandatory conversion to digital TV? Having a hard time understanding some of the newer technology? Learn about digital television, HDTV, Blu-Ray and what you need to know when you go to the store and look at the latest video equipment. Fee: none

13148 M 10/20 6:30-8pm

Rejuvenate From the Inside Out-Certified acupuncturist and Tai Chi instructor Victoria Mogilner will cover how to replenish yourself from the inside out with acupressure self help and Tai Chi. During the two-part series we will cover stress reduction, facial rejuvenation and learning the pressure points for neck, back and shoulder problems and how to increase your stamina. You will leave feeling replenished and be given tools and handouts on how to take care of yourself naturally.

13149 W 10/15-11/5 1:30-2:30pm \$25

13150 Th 11/6 & 11/13 6:30-8pm \$20

Art Classes

Drawing-Color/B & W-In this class, students can explore both black and white, and color media of their choice. Emphasis will be on technique, composition and learning to "see" color. Cost of materials will vary depending on the media you choose. Please bring one drawing medium and appropriate paper to the first class. *No class 11/24.

9655 M 9/8-10/20 12:30-3:30pm \$39

10100 M 10/27-12/15* 12:30-3:30pm \$39

Learn to Wood Carve-Learn basic wood carving skills using a carving knife. You will learn the cuts and techniques needed to go on to more advanced carving projects. Learned the basic skills? Then you can move on to more advanced projects. Kevlar gloves (can be provided by instructor) and carving knife (can be purchased from instructor for \$10) needed. *No class 10/23.

13435 Th 9/18-11/13* 6:30-8pm \$45

Painting Level I & Level II-A course in acrylic and oil painting. Includes composition, color theory, and basic painting techniques. Class requires additional materials. A list will be sent to students before first class. Please bring materials to the first class. Level

2 class requires previous experience. *No class week of 11/24.

9664	Lvl 1	M	9/8-10/20	9am-12pm	\$39
10101	Lvl 1	M	10/27-12/15*	9am-12pm	\$39
9665	Lvl 2	W	9/10-10/22	1-4pm	\$39
10102	Lvl 2	W	10/29-12/17*	1-4pm	\$39
9666	Lvl 2	Th	9/11-10/23	1-4pm	\$39
10103	Lvl 2	Th	10/30-12/18*	1-4pm	\$39

Silversmithing for Beginners- This class will teach you the basics of silversmithing and show you how to create your own jewelry pieces. You will complete a different jewelry piece each week. Supply costs vary and approximate cost is \$75.

13670	W	9/10-11/5	9am-1pm	\$65
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Silversmithing Advanced- Pre-requisite is Silversmithing for Beginners; must have prior experience. This class will progress to more advanced jewelry projects. Supply costs vary and approximate cost is \$100.

13917	Th	9/11-11/6	9am-1pm	\$65
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Watercolor Painting-Emphasis will be on use of materials as they apply to still life, landscape, and portraiture. Class requires additional materials. A list will be sent to students before first class. Approximate cost of materials is \$40-\$45 depending on projects selected. Please bring materials to the first class. *No class 11/11, 11/25

9675	T	9/9-10/21	1-4pm	\$39
10107	T	10/28-12/16*	1-4pm	\$34

Yoga and Exercise Classes

Chair Yoga-Unable to get up and down from the floor? You can still do yoga! Learn to breathe slower and deeper, increase flexibility and strength, improve your memory, sleep better and boost your immune system. Suitable for all physical abilities! *No class 11/26.

9652	W	9/10-10/22	9-10:15am	\$29
13434	W	10/29-12/17*	9-10:15am	\$29

Dance Exercise-Get your heart pumping as you move to choreographed routines to encourage flexibility, muscular strength and cardiovascular endurance. *No classes 11/11, weeks of 10/6, 11/24, 12/1.

9653	M/W/F	9/8-10/24*	8:05-9am	\$36
10098	M/W/F	10/27-12/19*	8:05-9am	\$36
9654	T/Th	9/9-10/23*	8:05-9am	\$27
10099	T/Th	10/28-12/18*	8:05-9am	\$27

Fitness Walking Plus-Join a walking group that is not just walking, but combines walking with toning and strength building, too! Participants will meet at the Pyle Center and walk around the library complex pathway with intervals of strength and endurance

exercises implemented into the walk. *No class 11/11 and 11/27.

13560	T/Th	10/28-12/18*	11am-11:55am	\$36
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QiYoga-A combination Qigong and Yoga class. Learn basic self-acupressure and breathing techniques, also increase flexibility and strength with simple stretching exercises. Gentler than regular yoga. *No class 11/24.

9667	M	9/8-10/20	10:30am-12pm	\$34
13424	M	10/27-12/15*	10:30am-12pm	\$34

Stretch & Tone-Not exercised in awhile? Get back into the exercise routine with this gentle exercising and stretching program. Exercise at your comfort level either sitting in a chair or standing. *No classes 11/11, weeks of 10/6, 11/24, 12/1.

9668	M/W	9/8-10/22*	10:30-11:15am	\$25
10104	M/W	10/27-12/17*	10:30-11:15am	\$25
9669	T/Th	9/9-10/23*	9:15-10am	\$25
10105	T/Th	10/28-12/18*	9:15-10am	\$23

Tai Chi I and II-This ancient exercise program consists of 36 individual memorized movements that help increase your balance and self-awareness. Gentler than yoga, this class is great for balance, memory and piece of mind. Pre-requisite for Tai Chi II is Tai Chi I. *No class 11/11, week of 11/24.

9670	TC I	T	9/9-10/21	11:30am-12:30pm	\$28
13425	TC I	T	10/28-12/16*	11:30am-12:30pm	\$24
9671	TC II	M	9/8-10/20	12:15pm-1:45pm	\$34
13426	TC II	M	10/27-12/15*	12:15pm-1:45pm	\$34

Toners & Shapers-This class is designed to strengthen and tone muscles and to increase flexibility. Class consists of a warm up and stretch, strength training exercise, and a cool down stretch and relaxation. Each participant is encouraged to work at his/her own level. Participants are asked to provide their own weights upon instructor recommendation. *No classes 11/11, weeks of 10/6, 11/24, 12/1

9674	M/W/F	9/8-10/24*	9:05-10:20am	\$41
10106	M/W/F	10/27-12/19*	9:05-10:20am	\$41

Dance Classes

Ballet-This class encompasses the basics of classical ballet, including barre work, center work and across-the-floor movement. Learn the proper terminology and steps introduced into a fun and social atmosphere. Great for increasing strength, flexibility and coordination! *No class 11/28.

9650	F	9/12-10/24	11:35am-12:30pm	\$26
13427	F	10/31-12/19*	11:35am-12:30pm	\$26

Jazz Dance- This class will use Broadway jazz routines to create a strong jazz dance foundation, learning basic jazz steps and focusing on technique. A great class to find

the dancer within while enhancing flexibility and getting a cardio workout-all to enjoyable music! *No class 11/11, week of 11/24.

9656	T/Th	9/9-10/23	10:10-11:05am	\$34
13428	T/Th	10/28-12/18*	10:10-11:05am	\$32

Latin Dance-Go up tempo learning a variety of energetic Latin dances such as Salsa, Cha Cha, Samba and others! The class will break down movement into easy-to-learn sections and in the process give you a good cardio workout! *No class 11/28.

13555	F	9/12-10/24	10:35-11:30am	\$26
13556	F	10/31-12/19*	10:35-11:30am	\$26

Line Dance Beginning-A perfect class for the beginner who would like to learn the fun and easier dances at a slower pace. Focus is on form, technique and terminology in a fun and friendly environment. *No class 11/11, 11/25.

9657	T	9/9-10/21	1:10-2:40pm	\$28
13429	T	10/28-12/16*	1:10-2:40pm	\$24

Line Dance Intermediate-Intermediate level is a continuing class for the person who feels they have mastered the basics and want more of a challenge. Focus is on new rhythms, patterns and styles as you move to the music. You'll learn the more popular dances done worldwide. *No class 11/11, 11/25.

9658	T	9/9-10/21	2:45-4:15pm	\$28
13430	T	10/28-12/16*	2:45-4:15pm	\$24

Tap Dance Intermediate-Get fit while having fun! Learn the fundamental techniques and steps, and then choreograph them for muscle memory. Start tapping your way to fitness! No classes 11/11, week of 11/24.

9672	T/Th	9/9-10/23	9:10-10:05am	\$34
13432	T/Th	10/28-12/18*	9:10-10:05am	\$32

Tap Dance Performance-Take the fundamental tap dance techniques and steps you've learned and now focus on formations and polishing up routines for performance purposes. Must come prepared to have fun! *No classes 11/11, week of 11/24.

9673	T/Th	9/9-10/23	11:10am-12:05pm	\$34
13433	T/Th	10/28-12/18*	11:10am-12:05pm	\$32